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如何協助由口進食
How to assist oral feeding

*對醫師指示可由口進食的個案，應協助其安全的由口吃東西，避免發生吸入性肺炎
The doctor indicates the patient who can do oral feeding should be helped
to eat from mouth safely and avoid aspiration pneumonia*

一、原則及注意事項：


1. 當病人發生咳嗽時，請停止餵食，讓病人至少休息半小時再試，並讓醫護人員知道。
2. 餵食後需要採坐姿半小時後再臥床，以免食物逆流。
3. 應遵照醫護人員指示選擇食物的質地（如軟質、流質、一般飲食）。
4. 若發生噎到情形，應立即以手挖、拍背或用抽痰管排出食物。

一、Principle and note:

1. Stop feeding if the patient coughs and let him/her rest for at least half an hour and tell the health care workers.
2. After feeding, adopt a straight sitting posture and rest for half an hour. Then lie in bed to avoid the backflow of formula.
3. It should follow health care workers' instructions to choose the texture of food. (Example: soft food, liquid food, and normal food.)
4. If choking occurs, help the patient to eject the formula immediately by using finger to dig it out, pat the back or use a sputum suction tube to help drawing it out.

二、方法：

1. 安靜的用餐環境，使注意力能集中在進食上。
2. 協助坐起60-90度，以枕頭放頭後，毛巾放於臉頰下，維持舒適的進食姿勢。
3. 食物放置個案面前，以促進食慾及消化液的分泌。
4. 每次以一小口食物餵食，請個案進行兩次吞嚥，期間可用手協助個案下巴作吞嚥的動作。
5. 餵食時每次一口且要緩慢、適量，確認已吞下後再餵下一口（中風個案應將食物放入口中偏健側）。

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6. 進食後應執行口腔清潔。

7. 記錄進食量與種類及特別情形發生。

二、Procedure:

1. Quiet dinning environment make more focus on eating.
2. Help him/her to sit up 60~90°, place pillow behind the head, place towel under the chin and maintain a comfortable feeding position.
3. Place food in front of patients in order to increase his/her appetite and enhance the secretion of digestive fluid.
4. Take in a small mouthful of food each time and let him/her swallow each mouthful in two sequences. You can assist patient' s chin to swallow with your hands.
5. Feeding has to be done slowly, moderate amount of food, and feed the patient again when making sure he /she has actually swallowed it. (For apoplectic patient, the formula has to be placed at the healthy side of the mouth.)
6. Oral hygiene should be performed after eating.
7. Record eating quantities、varieties and special situations happen.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。